


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Community Outreach 519-236-4373 ext.632  May Day	2 Home Support Exercise Program @ 10:00 am -MW Grocery Delivery 2:00 - 3:00 pm	3 EX & Falls Prevention @ 10:00 am -MW	4 Home Support Exercise Program @ 10:00 am - BW	5 Home Support Exercise Program @ 10:00 am -MW Chap Blood Pressure - BW 1:00 - 2:00 pm  Cinco de Mayo	6 Home Support Exercise Program @ 10:00 am - BW Frozen Meal Orders DUE	7
8  Mother's Day	9 Home Support Exercise Program @ 10:00 am -MW Grocery Delivery 2:00 - 3:00 pm *Community Meal Delivery Order DUE*	10 EX & Falls Prevention @ 10:00 am - MW	11 Home Support Exercise Program @ 10:00 am - BW  Community Meal Delivery - Paul's Diner Zurich Delivery 12pm - 1pm	12 Home Support Exercise Program @ 10:00 am - MW Frozen Meal Delivery Back in Time - Morning Delivery between 9am - 10am Community Cards - 2pm-4pm (RISI ROOM)	13 Home Support Exercise Program @ 10:00 am - BW	14
15	16 Home Support Exercise Program @ 10:00 am -MW Grocery Delivery 2 - 3pm *Community Footcare *Community Meal Delivery Order DUE*	17 EX & Falls Prevention @ 10:00 am - MW	18 Home Support Exercise Program @ 10:00 am - BW  *Community Footcare	19 Home Support Exercise Program @ 10:00 am - MW  Community Meal Delivery - The Albion Bayfield Delivery 12pm - 1pm	20 Home Support Exercise Program @ 10:00 am - BW	21  Armed Forces Day
22	23 Home Support Exercise Program @ 10:00 am -MW CANCELLED  VICTORIA DAY CLOSED  Victoria Day (Canada)	24 EX & Falls Prevention @ 10:00 am -MW Grocery Delivery 2 -3pm *Community Meal Delivery Order DUE *BINGO MW - 2pm - 3pm	25 Home Support Exercise Program @ 10:00 am - BW  Community Meal Delivery - Paddington's Grand Bend Delivery 12pm-1pm	26 Home Support Exercise Program @ 10:00 am - MW  Chap Blood Pressure - MW 1:00 - 2:00 pm	27 Home Support Exercise Program @ 10:00 am - BW	28
29  Memorial Day	30 Home Support Exercise Program @ 10:00 am -MW Grocery Delivery 2 -3pm	31 EX & Falls Prevention @ 10:00 am - MW  *BINGO BW - 2pm - 3pm				

**LEGEND:** MW- Maplewoods, BW - Birchwoods , CW - Cederwoods, RR - Risi Room , OP - Outdoor Patio , BWFHT-Bluewater Family Health Team